

# West St. Paul School

3740 Main St. West St. Paul MB R4A1A4 204-339-1964  
Principal: David Ingram Vice Principal: Tanya Kohut



West St. Paul School is on Twitter!!

For all the latest news and activities at West St. Paul School follow us: @WestStPaulScho1

## January 2020 WILDCATS NEWS

### Important Dates:

- Jan. 6: School Reopens**
- Jan. 8: Parent Advisory Council meeting 6:00 p.m.**
- Jan. 15: Pizza Lunch**
- Jan. 24: Family Games and Pizza Night 6-8 p.m.**
- Jan. 29: Pizza Lunch**
- Jan. 31: PD Day—no classes**
- Feb. 5: Kindergarten Info Night 6-7 p.m.**
- Feb. 12: Pizza Lunch**
- Feb. 17: Louis Riel Day—no classes**
- Feb. 21 Family Games and Pizza Night 6-8 p.m.**

### West St. Paul School Learns to Skate

Our grade 1-2 classes had lots of fun at the Seven Oaks Learn to Skate Program. The students participated in 10 on-ice classes developing their skating skills.



### ADMINISTRATOR'S MESSAGE

Welcome back and Happy New Year!

What a great final week of December we had at West St. Paul School. Two concerts and a pancake breakfast made an exciting week fly past. Thanks to the community for filling the gym for each concert and then helping to fill the gym with volunteer-prepared pancakes and sausages. These events will remain in the memories of all children for the rest of their lives.



The gym is buzzing with basketball as all of our various teams are using every minute of gym time to practice. Basketball season games begin in the next two weeks and games will take place at West St. Paul as well as most other schools throughout the division.

We will always continue to go outside to enjoy the winter weather. Please be sure that your children are dressed properly for West St. Paul winter weather. On days where the temperature and/or wind chill make the outdoors dangerous, the students will need to stay indoors for recess.

# 2019 GREY CUP AND BRADY OLIVEIRA VISIT WEST ST. PAUL SCHOOL

On December 10th West St. Paul School welcomed Blue Bomber Grey Cup Champion Brady Oliveira #20. Brady brought The Grey Cup with him and students and staff had a great time having their picture taken with Brady and The Cup! Brady signed hundreds of autographs and visited our K-4 classrooms. Brady was able to share his very inspirational and humble message with all of us in the gym. He told us that the secret to his success is to always be a good person, even when nobody is watching. West St. Paul School is very thankful for Brady's visit and we wish him continue success in his career and many more Grey Cup wins! Go Bombers!!!!



## Lions Foundation KidSight Program

We want to thank the West St. Paul Lions Club for organizing and providing the KidSight Program for all of our Kindergartens and grade 1 students at West St. Paul School.



This year, in Seven Oaks School Division, our amazing Lions Club volunteers screened 1190 students.

Of those students, 228 students, (19%) received referrals to the optometrist for further testing.

Divisionally, our goal is to ensure that parents follow up with optometrists and if glasses are prescribed, ensuring that glasses are on faces as quickly as possible.

Eye exams are free for children in Manitoba.

For those that may have financial restrictions when purchasing glasses, parents can call Tammy Brach, Executive Director of Lions Foundation of MB, telephone number 204 772 1899.

Additionally, Pearle Vision in the Garden City Mall also has a program for free glasses called the OneSight Program.

Thank you Lions Club!

**Winter has arrived and the temperatures have dropped. We remind parents to ensure your children are dressed for the weather. Students are expected to go outside for breaks even if it is wet and cold. Indoor recess is called when the combined temperature and windchill reach -27 degrees celsius.**



### Santa to a Senior

A heartfelt thank you to our West St. Paul School community for donating a total of \$1352.00 to the Be A Santa To A Senior initiative. Your donations helped purchase Christmas gifts for seniors who would otherwise have no gifts this holiday season.



# WEST ST. PAUL SCHOOL CHRISTMAS CONCERT

December 18th and 19th brought in some holiday cheer to West St. Paul School with our annual Christmas Concerts. Thank you to all students and staff for their hard work in preparing for this year's concert. A fabulous job was done by all!!!



Please check the West St. Paul School website for full calendar details and additional information at <http://www.7oaks.org/school/weststpaul/Pages/default.aspx> . Please check back frequently as all dates and events are subject to change.

# PANCAKE BREAKFAST



Please check the West St. Paul School website for full calendar details and additional information at <http://www.7oaks.org/school/weststpaul/Pages/default.aspx> . Please check back frequently as all dates and events are subject to change.



# SOCCER INFORMATION SESSION

**SAT. JAN 25TH**  
**SEVEN OAKS SOCCER COMPLEX**  
**725 KINGSBURY AVE.**

**OPEN TO 8-11  
YEAR OLDS**

**BRING YOUR CHILD FOR FUN SOCCER DRILLS, WHILE LEARNING ABOUT THE  
POSITIVE IMPACT OF ENROLLING WITH FC NORTHWEST'S SOCCER PROGRAM**

**ARRIVE PROMPTLY AT 2:15PM**

For more details visit [www.fcnorthwest.com](http://www.fcnorthwest.com)  
or contact: 204-222-3269 / [gm@fcnorthwest.com](mailto:gm@fcnorthwest.com)





# Fit Kids

# Healthy Kids



A **FREE** fitness program for you and your child  
best enjoyed by kids aged **2 ½ to 8**

**Full Parent/caregiver participation is expected throughout this program**

### Did you know...

- Both **structured and unstructured** activities are important in early development!
- Children shouldn't go longer than **60 minutes without physical activity** unless sleeping
- **Tumbling and falling is a vital skill learned at an early age.** It benefits them in later years, in the event of an actual fall, decreasing their risk of serious injury and fear of getting hurt!

**Where:** RF Morrison School

**When:** Monday January 13, 2020 to Monday February 24, 2020  
from 6:15 pm -7:15pm **\*\*(no program Mon. Feb. 17)\*\***

**A change of indoor shoes is required for both,  
parents and children alike.**

To register, **please call or email** Cheryl 204 339-1964,  
**cheryl.rajfur@7oaks.org**



West St.Paul Nursery School

2020/21 Registration

Wednesday February 19th

West St. Paul Residents at 6:00

Non Residents at 6:30

At the Sunova Centre

For more info call the school at

204 334 9669





**MANITOBA NATURE SUMMIT**  
PRESENTS

# **CONQUER THE COLD**

*Sunday, January 19, 2020 11am - 3pm*

*(Frost date: Feb. 9)*

*McBeth Park / McBeth House*

*31 McBeth St. Winnipeg, Manitoba*

*Cost for this event will be \$30 per adult, free for children  
If costs are prohibitive, please email us!*

*Included with admission:  
4 Workshops for educators and families  
Forest school adventure for children  
Hot drinks and snacks*



*Forest School  
session provided  
for children!*

*Visit our website for details and registration*

**<http://www.naturesummitmb.ca>**





# sunova centre

## West St. Paul's Recreation Site

### Winter 2020 Program Information

48 Holland Rd. West St. Paul, MB  
Phone: 204-336-0294 Email: [recreation@weststpaul.com](mailto:recreation@weststpaul.com)

**NOTE: Programs listed can only run if registrations/attendees exceed the required minimum number of participants!  
All Registration Fees listed include applicable GST Charges.**



3550 Main Street, West St. Paul Manitoba (204) 338-0306 (204) 334-9362 info@weststpaul.com

HOME GOVERNMENT RESIDENTS PROJECTS RECREATION SERVICES

## RECREATION

Sunova Centre Programs

Home > Recreation > Sunova Centre Programs

Stay up-to-date about everything happening at the Sunova Centre!  
Check out the **RECREATION TAB** on the new  
**www.weststpaul.com**

### **Follow these steps to register for a Sunova Centre Program:**

**Step #1:** Visit the **RECREATION Tab** on **www.weststpaul.com**

**Step #2:** Click on the **Sunova Centre Programs** option on the drop down menu

**Step #3:** Find the program you are interested in and click on it for more information! **Please Note:** Some work computers may block access to the On-Line Registration Form the Sunova Centre uses to collect Registrations, if you cannot access it try it on your personal computer or on your mobile device!

**Step #4: Payments** can be submitted to the Sunova Centre Office prior to class or on the first class  
Payments are accepted in cash or cheque (made payable to the RM of West St. Paul)

Questions about the program registration process? Contact the Sunova Centre - West St. Paul's Recreation Site

Phone: 204-336-0294 Email: [recreation@weststpaul.com](mailto:recreation@weststpaul.com)

**Please Note:** There may be some programs listed in this document that you will need to contact the instructor or organization directly in order to register. If this is the case, the contact information will be listed directly in the program description!

# YogaLates

This combo class is aimed at lengthening & toning the body to create balance & alignment as well as mindful state of peace & clarity. Get ready to stretch, strengthen & tone through a blend of yoga, pilates & dance inspired moves set to music. Bring your own mat! Instructor: Heather Bailey  
 9-Classes - Mondays - January 13th-March 16th  
 (No Class: February 17th) - 10:15-11:15am  
 \$65.00/Participant



## Yogalates 55+

**Moving with MUSCLE 55+**  
 A great class to keep the body moving and strong! This workout alternates muscle conditioning exercises (using weights, bands and even your own body weight) with low-impact movements. It can be adapted to any fitness level and can be done in a chair! Instructor: Heather Bailey  
 9-Classes - Wednesdays - January 15th-March 11th  
 10:15-11:15am - \$65.00/Participant

## Gentle Fit 55+

This class is intended to improve overall health and wellness. It will consist of a gentle warming up of joints and muscles followed by a moderate to vigorous cardio/aerobic endurance-style exercise (appropriate level for participants in attendance), muscle strengthening exercises using resistance - your own body, bands and possible light weights which can be done on a mat or in a chair, followed by balance training and gentle stretching. Come out and have fun, enjoy moving to music. Instructor: Heather Bailey  
 7-Classes - Fridays - January 17th-February 28th  
 10-11am - \$55.00/Participant



## Gentle Fit 55+



health and wellbeing. Participants meet monthly to support community members to take control of their own health. You will be given information and taught how to monitor your own health, engage in healthy activities through socializing with your peers, while being supported by NorWest and Winnipeg Regional Health Authority staff. Each month, a presenter of the groups choosing, is brought in to discuss a health and wellness topic. For more information or to join the Hans Kai group, please contact: Tanya (WSP contact) [tanyapilat@yahoo.com](mailto:tanyapilat@yahoo.com) or 204-453-6984 or Michelle Kirkbride - Community Development Coordinator, NorWest Co-op Community Health Centre [mkirkbride@norwestcoop.ca](mailto:mkirkbride@norwestcoop.ca) or 204-938-5996

## Sunova Pickleball 2.0 - Players should be Level 2.5 or above to attend

Tuesdays & Thursdays between 9:45am-5pm and Wednesday evenings  
**Membership/Drop-In Fees are charged - More information? Contact 204-336-0294**  
 New to Pickleball? Contact the Sunova Centre as Clinics may be able to be arranged!

## Basic Hatha Yoga

Learn basic yoga poses & relaxation techniques. Bring your own mat!  
 Instructor:  
 Kathleen Helgason  
 9-Classes - Mondays  
 January 13th-March 16th  
 (No Class: February 17th)  
 6:30-7:30pm  
 \$65.00/Participant



## ZUMBA!

Ditch the workout and join the PARTY! Check out this dance fitness class with rockin' international music that will keep your feet movin' & your body shakin' to the beat. Zumba integrates aerobic exercise & resistance training to burn calories, improve cardiovascular health while toning & sculpting the body. Instructor: Zin Let  
 9-Classes  
 Thursdays  
 January 16th-March 12th  
 5:45-6:45pm  
 \$65.00/Participant



## West St. Paul HANS KAI Program

**FREE Community Based Health & Wellness Program!**

The Hans Kai program is looking for new members to join our group! The West St. Paul Hans Kai group will typically be meeting the second Friday of every month at 9:30am in the Boardroom at the Sunova Centre - West St. Paul's Recreation Site. **FREE** Childcare is provided. **What is Hans Kai?** The Hans project is a community-based approach to improving



## Sportball - Multi-Sport Programs for ages 16 mos-3yrs

Sportball parented classes for children 16mos to 3 years of age, are structured around a play-based curriculum. Classes are taught through imaginative storylines and age appropriate language that kids can understand and respond to. Our programs integrate sport & social skills development through activities that feel just like daily play. In addition to parents and kids being active together in class, parents also come away from our programs inspired and full of ideas that can be used at home to form the foundation of a shared active lifestyle with their growing athletes.

8-Classes - Mondays starting January 13th - 11:30am-12:15pm  
To register or for more information on Sportball please visit  
[www.sportball.ca/winnipeg/](http://www.sportball.ca/winnipeg/)

# Sportball



# SUNOVA

## ALL AGES!!

# OPEN GYM

## Mondays - 3-6pm

### FREE Unstructured Gym Time!

**Come out & get active at the Sunova Centre!**

Various Gym Equipment is available to use!  
Guardians/Caregivers **MUST** stay & supervise children during times listed. Individuals taking part must **CLEAN-UP** after they are done using the equipment.

Mondays - 3-6pm starting January 6th  
Winter Session of Open Gym will not run on February 17th and March 23rd



# West St. Paul Karate

## West St. Paul Family Karate Ages 6yrs+

Learn discipline, strength, and control  
Tuesdays and Thursdays  
All Ages Class: 7-8pm  
Advanced Class: 8-9pm  
Family Rates available  
Visit [www.WSPKarate.com](http://www.WSPKarate.com)

Follow us on Instagram: @wspkarate  
Come check out the program at the next  
**West St. Paul Karate OPEN HOUSE**  
Tuesday January 7th from 7-8pm



To register (required) visit [www.nwfalconslacrosse.ca](http://www.nwfalconslacrosse.ca)  
Email: [nwpgfalconslox@gmail.com](mailto:nwpgfalconslox@gmail.com)  
We have stick you can use! Bring your helmet with cage, gloves, water bottle and indoor runners

### COME TRY LACROSSE

Tuesdays - 5:45-6:45  
January 14th-March 17th  
Ages 5-12  
All skill levels welcome!  
**\$5.00 drop-in**  
or **\$40 for all 10 weeks**

### Girl's Only! TRY LACROSSE

Join us on the journey to the 2021 Canada Summer Games  
Saturdays or Sundays - January 11th-March 14th  
Dates and Times as follows:

Saturday Jan. 11th, 18th, Feb. 1st, 8th - 1:30-3:30pm  
Sunday Feb. 2nd, 9th, 23rd. Mar. 1st, 8th - 10am-Noon  
Saturday March 7th, 14th - 10am-Noon

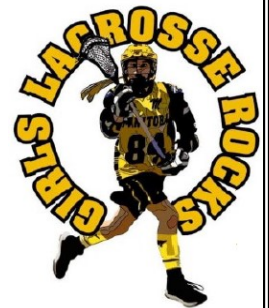
Girls YOB 2005-2006-2007

All skill levels welcome!

\$10 drop-in or \$100 for all 11 days  
We have stick you can use!  
Bring your helmet with cage, gloves, water bottle and indoor runners

More Info: [www.mbgirlslacrosse.ca](http://www.mbgirlslacrosse.ca)

To register (required) email:  
[mbgirlslax@gmail.com](mailto:mbgirlslax@gmail.com)



### Beginner FUN Skate!

Come & learn the basics of skating so you're ready for figure skating, pleasure skating or hockey! All Ages/Skill Levels Welcome! A HELMET is required for all participants! Class will be held on the Outdoor Rink.

Please dress appropriately!

Instructors:

Kaylee Pilat and Tanya Pilat  
Saturdays starting  
January 11th  
11:45am-12:15pm  
\$50.00/Participant  
Will run for 6-8 classes  
Weather Dependent!



# Dynamic First Aid & CPR

## Dynamic First Aid Courses

Pre-Payment and Pre-Registration Required!

**E-Transfer Registration Fee to Dynamic First Aid**

Email: [katrina@dynamicfirstaid.ca](mailto:katrina@dynamicfirstaid.ca)

Password: **Sunova**

**PLEASE NOTE WHICH CLASS YOU ARE PAYING  
FOR WHEN COMPLETING THE E-TRANSFER**

Don't want to pay via e-transfer? Please contact the Sunova Centre to make other payment arrangements prior to the registration deadline. A min. of 10 participants needed to run each course! Bring a lunch, snack & bottle of water!

**Babysitters Course - Prerequisite:** Minimum of 11yrs of age (or completion of Gr. 5)

**Saturday February 29th - 9am start - \$80.00/Participant**

**Pre-Registration REQUIRED by Wednesday February 26th**

The Canadian Red Cross Babysitting course offers basic first aid and caregiving skills for youth ages 11-15yrs old. Participants learn how to provide care to children in a variety of age groups and how to prevent and respond to emergencies. The course also offers youth the skills to promote themselves as babysitters to prospective families.

**Course Content:** How to be responsible and demonstrate leadership; How to make good decisions & manage difficult behaviours; Info on children's development & specific strategies for each stage; How to feed, diaper, dress and play with children & babies; How to recognize and prevent unsafe situations, make safe choices and promote safe behaviours; First aid skills; The business of babysitting

**STAY SAFE Course - Prerequisite:** 9-12yrs (or completion of Gr. 3)

**Saturday March 14th - 9am start - \$65.00/Participant**

**Pre-Registration REQUIRED by Wednesday March 11th**

Real-world scenarios often call on children to respond to challenges. The Canadian Red Cross Stay Safe course teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve his or her own safety. Whether in their community or on their own, this group will be given better tools to Stay Safe! in a variety of different situations. **Course Content:** The importance of responsibility and respect while being accountable for yourself; The importance of setting and following safety rules when on your own; How to stay safe at home and within the community; How to prepare for, recognize and respond to unexpected situations (e.g., inclement weather, strangers, and unanticipated visits); Basic first aid skills

**Sunova Spring Break Camp!** - Enjoy a MINI version of Sunova Summer Camp during SPRING BREAK! Campers will participate in awesome activities such as Arts & Crafts, Organized Games, Sports, Special Theme Days & More!! Activity Calendar TBA!!

**Camp Dates:** Monday March 30th-Friday April 3rd

**Camp Time:** 8am-5pm - Drop-Off any time after 8am, Pick-Up any time before 5pm

**Registration Fees:** Monday-Friday - \$125/Camper **OR** choose any **SINGLE DAYS** over the week for \$30/Day/Camper **Age Range:** Children Ages 4-11yrs

Each Camper should bring a labeled water bottle, gym shoes, weather appropriate clothing for indoor and outdoor activities, 2 peanut-free snacks and a lunch (we have a microwave)

**Space is Limited! Pre-Registration Is Required**

**To register please contact the**

**Sunova Centre - West St. Paul's Recreation Site**

**204-336-0294**

**[recreation@weststpaul.com](mailto:recreation@weststpaul.com)**

**SUNOVA**

**Spring Break Camp!**



**Sunova Junior Leadership Program** - Open to teens between the ages of 12 to 14yrs that are looking to make a difference by volunteering! Junior Leaders will work alongside Camp Staff, acting as Volunteer Camp Staff, for our Camp Programs geared towards kids ages 4-11yrs.

**Time Commitment:** Sunova Spring Break Camp runs from 8am-5pm Monday March 30th-Friday April 3rd. The schedule for Junior Leaders can be flexible in terms of the days and times they are on-site. Participants **MUST** be 12yrs old by March 1st, 2020 in order to be eligible to enroll

**Space is Limited! Pre-Registration Is Required**

**To register please contact the**

**Sunova Centre - West St. Paul's Recreation Site**

**204-336-0294**

**[recreation@weststpaul.com](mailto:recreation@weststpaul.com)**

**SUNOVA  
JUNIOR  
Leadership Program**

West Kildonan Collegiate 2020 Graduates Need Your Support! We are **collecting gently used books, DVDs/Blue-rays, video games** for an upcoming Book/Media Sale at West Kildonan Colligate to raise funds for the Class of 2020 Grad Festivities.

**Drop-off location at the Sunova Centre**

**Monday-Thursday: 9am-9pm**

**Friday-Sunday - 9am-3pm**

\*Please note this is a parent driven fundraiser  
DO NOT drop off books/media at the school without approval - Thank-you for your support!



# West St. Paul Community GARAGE SALE

Held INDOORS at the Sunova Centre  
West St. Paul's Recreation Site

**Sunday April 5th - 11am-2pm**

Contact the Sunova Centre  
West St. Paul's Recreation Site to rent  
a table for the Sale! Tables are 8' long  
Cost Per Table: \$25.00

Email: [recreation@weststpaul.com](mailto:recreation@weststpaul.com)



## ARMS & MILITARIA SHOW AND SALE

Sponsored by the  
MCCC Manitoba Chapter

**Sunday March 29th  
10AM-3PM**

Admission Fees: Admission: \$5/Person  
Children under 12 FREE with adult  
There will be Modern & Antique Firearms,  
Military Badges, Medals, Surplus Military  
Clothing, Books, Air Soft, Paintball, Hunting  
Related Equipment Supplies for sale & more!

## Winnipeg Philatelic Society STAMP & COIN SHOW 2019

Friday May 1st, Saturday May 2nd, Sunday May 3rd  
Additional Event Details TBA

West St Paul Fire Department presents  
a Fundraising Poker Event

## TEXAS HOLD 'EM Tournament

When: March 6th, 2020  
Where: Sunova Centre, 48 Holland Rd.  
Time: Registration @ 6:30pm  
Tournament start @ 7:30pm  
For Tickets email: [wspfs@hotmail.com](mailto:wspfs@hotmail.com)

Event sponsored by:



Proceeds in support of West St Paul  
Canada Day Celebrations

LGA-6585-TH-32957

- \$60 buy-in with option for re-buys
- 70% of the initial buy-in is paid out
- Cash prizes paid to the top 18 places
- Last years event was sold out and had over \$16,000 in cash prizes paid out
- Cash bar with food provided

For more information go to  
[www.weststpaul.com](http://www.weststpaul.com)

## BONDSLAVE MC MOTORCYCLE SWAP MEET

Saturday March 21st - Details TBA



Winnipeg Philatelic Society



### Sunova Centre Rentals

The Sunova Centre is available to **RENT** for various events and activities such as Birthday Parties, Socials, Conferences, Sports Team Practices, Meetings, Showers, Anniversary Parties and more! Dates are limited! **Please Note:** All inquiries made regarding rentals are preliminary only and no date requested is considered "booked" until a Sunova Centre Facility Rental Agreement is signed and payment is made.

**Google the "Sunova Centre" for a VIRTUAL FACILITY TOUR**

Please contact the Sunova Centre for more information!

Phone: 204-336-0294

Email: [recreation@weststpaul.com](mailto:recreation@weststpaul.com)

**FOR RENT**

# Volunteers

## MAKE IT HAPPEN

The West St. Paul Recreation Committee is currently looking to fill the position of **U9-U12 Soccer Convener**

The **U9-U12 Soccer Convener** is responsible for organizing all aspects of the U9-U12 Soccer Program including assisting with registrations, forming the teams, arranging for coaches, arranging team jerseys/equipment, attending any meetings required, communicating with parents and overseeing the duration of the Outdoor and Indoor soccer seasons

If you are interested or would like more information, please contact the Sunova Centre  
Phone: 204-336-0294  
Email: [recreation@weststpaul.com](mailto:recreation@weststpaul.com)

In order to have sports programs such as Hockey, Soccer, Baseball, Softball run out of West St. Paul we NEED the support of parents and volunteers!!!

**WE CANNOT RUN THESE PROGRAMS WITHOUT ASSISTANCE!**

Thank-you for your consideration!

## West St. Paul MINI & U9-U18 Soccer Registration - 2020

	Registration Fee Per Player	Administration Fee Per Player Per Sport	TOTAL Per Player **If Registered before March 1st, 2020**
Mini Soccer - U5 (YOB: 2016/2015) and U6 (YOB: 2014)	\$ 65.00	\$ 15.00	\$ 80.00
Mini Soccer - U7 (YOB: 2013) and U8 (YOB: 2012)	\$ 75.00	\$ 15.00	\$ 90.00
LTPD - U9 (YOB: 2011) and U10 (YOB: 2010)	\$ 160.00	\$ 15.00	\$ 175.00
3/4 Field - U11 (YOB: 2009) and U12 (YOB: 2008)	\$ 165.00	\$ 15.00	\$ 180.00
Full Field - U13-U18 (YOB: 2006-2002)	\$ 195.00	\$ 15.00	\$ 210.00

### **\*\*NEW FOR 2020\*\***

**LATE FEE: Registrations submitted after March 1st, 2020 will be charged an additional \$20.00/Player LATE FEE**

**ONLINE REGISTRATION and PAYMENT option for Mini Soccer and U9-U18 Soccer**

Visit the **RECREATION Tab** on [www.weststpaul.com](http://www.weststpaul.com)  
Click on the **Youth Sports & West St. Paul Recreation Committee** option on the drop down menu

### **Deadline to Register for U9-U18 Soccer - Friday March 13th**

Any registrations for U9-U18 Soccer done after this time will be subject to the FC Northwest Soccer LATE REGISTRATION PROCESS. Visit the FC Northwest Website for more information. If the registration is submitted after the Registration Deadline your child will be placed on a team within the FC Northwest Soccer District that can accept another player. There is absolutely NO guarantee what team your child will be placed on. Requests are very difficult to process when a player is late and are most often not met

### **Deadline to Register for Mini Soccer - Monday March 16th**

**In-Person Soccer Registrations will ONLY be accepted on Monday February 24th from 2-8pm**

In-Person Registration Fees must be paid in cash or cheque payable to the Sunova Centre

#### Questions?

Contact the Sunova Centre - West St. Paul's Recreation Site  
Phone: 204-336-0294 Email: [recreation@weststpaul.com](mailto:recreation@weststpaul.com)

**NOTE:** For Sports Registrations specifically individuals must sign up at the Community Centre within their specific catchment area. You must be a **RESIDENT of West St. Paul** to complete the registration with West St. Paul. If you register with West St. Paul and do not live within the RM of West St. Paul catchment area your child would be considered an illegal player. Player Transfers to specific West St. Paul Teams will be considered by FC Northwest Soccer, but players must sign-up with their home Community Centre's first.

## West St. Paul Baseball / Softball Registration - 2020

Baseball - Boys: Y.O.B - 2015-2002

Softball - Girls: Y.O.B. - 2015-2001

### **\*\*NEW FOR 2020\*\***

Baseball & Softball Registration will have an **ONLINE Registration option**

More information on ONLINE Registration will follow  
Questions?

Contact the Sunova Centre - West St. Paul's Recreation Site  
Phone: 204-336-0294 Email: [recreation@weststpaul.com](mailto:recreation@weststpaul.com)



# Stay Connected with the Sunova Centre!



For all the information on program listings, events, program registrations...

Visit the **RECREATION Tab** on [www.weststpaul.com](http://www.weststpaul.com)

Join our **Email Distribution List** to receive regular email updates about all the programs, events and activities happening at the Sunova Centre  
Email [recreation@weststpaul.com](mailto:recreation@weststpaul.com)  
Subject: Email Distribution

Stay Connected  
**REGISTER TODAY!**



# Instagram

Follow the Sunova Centre on Instagram  
**@SunovaCentre**  
[#sunovacentre](https://www.instagram.com/sunovacentre)

Tweet Us!  
Follow the Sunova Centre on TWITTER!  
**@SunovaCentre**



Like us on  
**facebook**



Check out the Sunova Centre's Facebook Page  
**West St. Paul Recreation - Sunova Centre**

**sunova**  
centre

Pre-registration is Required for most Sunova Centre Programs  
Details for all programs listed are subject to change without notice  
For more information please contact the  
Sunova Centre - West St. Paul's Recreation Site  
48 Holland Rd. West St. Paul, MB  
Phone: 204-336-0294 Email: [recreation@weststpaul.com](mailto:recreation@weststpaul.com)



# Spend Winter Break with us!

## SUNOVA centre

West St. Paul's Recreation Site  
48 Holland Rd. West St. Paul, MB  
Phone: 204-336-0294 Email: [recreation@weststpaul.com](mailto:recreation@weststpaul.com)

# Winter Break OPEN GYM

at the Sunova Centre - West St. Paul's Recreation Site

**FREE Unstructured Gym Time! Come out & get active at the Sunova Centre!**

## Winter Break SPECIAL Activity Days!

Join us for some SPECIAL Activities at the Sunova Centre over the Winter Break! Along with these awesome activities kids will also have free time in the gym, do crafts and play outside (weather dependent!). Each participant should bring a labeled water bottle, gym shoes, a peanut-free snack, as well as weather appropriate clothing for indoor and outdoor activities.

**Time:** 1-4pm **Ages:** 4yrs+  
**Registration Fee:** \$15.00/Participant/Day

### Dates/Activities:

- Saturday December 21st - Make Your Own SLIME
- Monday December 23rd - Dartpocalypse Nerf Gun Battle
- Friday December 27th - Kids in the Kitchen
- Saturday December 28th - Sports Day & \*TIE DYE DAY\*  
(\*Everyone will need to bring something 100% COTTON to dye! Item can be a shirt, pillow case, or any other item that is 100% COTTON!\*)
- Monday December 30th - Jedi Knight Training
- Friday January 3rd - Dartpocalypse Nerf Gun Battle
- Saturday January 4th - Make Your Own SLIME

Various Gym Equipment is available to use! Guardians/Caregivers **MUST** stay & supervise children during times listed below. Individuals taking part must **CLEAN-UP** after they are done using the equipment.

**Saturday**

December 21st



December 28th



Everyone will need to bring something 100% COTTON to dye! Item can be a shirt, pillow case, or any other item that is 100% COTTON!

**ALL AGES WELCOME**  
**9am-Noon:**  
Sunday December 22nd  
Monday December 23rd  
Friday December 27th  
Saturday December 28th  
Sunday December 29th  
Monday December 30th  
Friday January 3rd  
Sunday January 5th

**TEEN & ADULT - 13yrs+ WELCOME:**  
Monday December 23rd  
4:30-5:30pm  
Monday December 30th  
4:30-5:30pm  
Thursday January 2nd  
4:30-6:30pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December 23rd 	December 24th No Special Activity 	December 25th No Special Activity 	December 26th No Special Activity 	December 27th 	December 28th 
December 30th <b>JEDI Knight Training</b> 	December 31st No Special Activity 	January 1st No Special Activity 	January 2nd No Special Activity Scheduled	January 3rd 	January 4th 